

# Increasing Awareness of Future Teachers About Health, Health Preservation and Health Saving Technologies Of Preschool Children

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**Abstract:** This article discusses the issues of awareness of future educators about health, health saving and health-saving technologies for preschool children, as well as their knowledge about the rules of safe life.

**Keywords:** students, health, health saving, health saving technologies.

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## INTRODUCTION

In the work of future preschool educators, it is important to be aware of such concepts as: health, health saving, health creation.

According to the World Health Organization (WHO), human health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

In modern scientific literature, health is divided into such types as: somatic, physical, mental, behavioral.

Somatic (I can) is the current state of organs and systems in the human body, which is based on the genetic program of individual development and depends on the functioning of the body, on its morphological and functional indicators.

Physical health is the level of indicators of growth and development and the state of the body system. At the same time, its basis is the reserves of the body, the existing individual characteristics at each age stage of development. Physical health is characterized by a set of anthropometric, physiological and biochemical indicators that change in accordance with natural and climatic conditions, age, gender, habitat and education. A person needs to know how the organs should function in order to understand whether he is healthy or there are deviations from the physiological norm in his body.

Mental health (I want) is a state of the mental sphere, the basis of which is general spiritual comfort, which provides adequate behavioral reactions, character, type of higher nervous activity. Mental health depends on how well we understand our feelings, how we can share them with other people, understanding what feelings are normal: kindness, love, beauty, empathy.

Behavioral health is an external manifestation of a person's state, expressed in the degree of adequacy of behavior, communication skills. It is based on a life position (active, passive, aggressive) and interpersonal relationships that determine the adequacy of interaction with the external environment (biological and social) and the ability to work effectively [1].

Currently, the fact is noted that doctors in many countries of the world treat patients and study the disease itself, and do not prevent it. Noteworthy is the statement of Academician N.M. Amosov: "All doctors are specialists in diseases, not health", although, in his opinion, the word "health care" has the main meaning indicated: health protection, not the treatment of diseases [2].

Preserving and strengthening the health of the future generation is one of the strategic tasks of the country's development, in particular, special attention should be paid to preschool age, which

is decisive in the formation of physical, mental and behavioral health. Because, it is during this period of a child's life that the intensive development of organs, functional systems of the body takes place, the character, attitude towards oneself and others is formed. At this stage of life, an important pedagogical task is the need to form in preschoolers an initial idea of health and a healthy lifestyle, about life safety, to instill the skills of conscious implementation of the rules of health conservation, a responsible attitude to their own health and the health of others [3].

A differentiated approach to children in the transfer of knowledge, the development of skills, allows us to solve the problem of ensuring accessibility for children and, thereby, creating a favorable environment for the assimilation of the norms and rules of a healthy lifestyle by every child.

The future educator of the preschool educational institution is called upon to understand well that health saving in preschool education is the development (technology) and implementation of a complex of health-improving and preventive measures aimed at preserving, maintaining, strengthening and enriching the child's health at all stages of his education and development, taking into account his age capabilities and individual characteristics. According to Sharipova D.D., Tairova M.T., Shakhmurova G.A., the goal of health-saving technology is to provide a preschooler with a high level of real health, equipping him with the appropriate baggage of knowledge, skills, and skills necessary for leading a healthy lifestyle, life safety and educating his culture health. Many tasks are subordinated to the solution of this goal, which the educator solves in the course of his activity, designed to teach children the culture of health, how to properly care for their bodies, i.e. conscious attitude to their health and safe behavior. [4].

For the successful implementation of health-saving technologies in the life of children, it is necessary to teach them elementary skills of a healthy lifestyle, form the need for physical and moral self-improvement, instill skills in prevention and hygiene, first aid, and teach elementary knowledge of the safe life of pupils. In this, close cooperation between preschool educational institutions and parents plays an invaluable role, because the family and the kindergarten are two public institutions that stand at the origins of the future society, but often they do not always have enough mutual understanding, patience, tact to hear and understand each other [5]. In order to build effective communication between teachers and parents, it is important to have communication skills, to navigate the problems of education and the needs of the family. To work together with parents, you can hold: competitions, meetings on health topics, open days, trainings, health holidays, questionnaires, conversations, etc.

At home, parents can play games with their children aimed at psycho-emotional relaxation, for example: art therapy, working with clay, with plasticine, sand therapy. All these works have a positive effect on the child's psyche, help to cope with stress, relieve mental stress, develop creative abilities and the right hemisphere of the child. Also, joint classes help parents, get closer to children, provide a pleasant pastime [5].

Technology of education of parents - is aimed at the joint work of educators and parents, to increase the knowledge of the family about the health of the younger generation. The mood, well-being, state of emotional and psychological comfort of the child depends on how the daily routine at home is properly organized, what attention the parents pay to the health of the child. If the knowledge gained in the preschool is not consolidated at home, then there will be no effect.

The future educator firmly assimilates the knowledge that the technology for ensuring the psychological comfort of the child is aimed at the psychological well-being of the child in the preschool, at home; in communication with adults and peers, because the psychological and emotional state of the child is directly related to the state of his health.

It should be borne in mind that health-saving educational technologies are aimed at educating a

culture of preschoolers, the main purpose of which is to form in children a conscious attitude towards their health, its preservation and enhancement. At the same time, classes can be held in the form of conversations, game classes, relay races, staging small scenes, etc. [6].

In N.V. Popova's work, technologies for preserving and stimulating the health of preschool children include:

stretching - not earlier than 30 minutes after eating, 2 times a week for 30 minutes, from middle preschool age in a sports or music hall, or in a group room, in a well-ventilated room, special exercises to music, recommended for children with sluggish posture and flat feet;

dynamic pauses - during classes, 2-5 minutes, as children get tired. Recommended for all children as a prevention of fatigue, may include elements of gymnastics for the eyes, breathing exercises and others, depending on the type of activity;

outdoor and sports games - as part of physical education, on a walk, in a group room - with a small, medium and high degree of mobility daily for all age groups, while the games are selected in accordance with the age of the child, the place and time of its conduct;

relaxation - in any suitable room, depending on the condition of the children and goals, the teacher determines the intensity of the technology, for all age groups, while you can use calm classical music (Tchaikovsky, Rachmaninov, Ashrafi), sounds of nature. In kindergarten, it is recommended to create a special relaxation room;

finger gymnastics - from a young age individually or with a subgroup daily, recommended for all children, especially with speech problems, carried out at any convenient time;

gymnastics for the eyes - daily for 3-5 minutes at any free time, depending on the intensity of the visual load from the younger preschool age, it is recommended to use visual material, showing the teacher;

respiratory gymnastics - in various forms of physical culture and health work, it is important to ensure the ventilation of the room, the teacher to give children instructions on the mandatory hygiene of the nasal cavity;

corrective gymnastics - in various forms of physical culture and health work, while the form of implementation depends on the task and the contingent of children;

orthopedic gymnastics - in various forms of physical culture and health work, is recommended for children with flat feet and as a prevention of diseases of the supporting arch of the foot [7].

Summarizing the above, it should be noted that one of the most important areas in the activities of preschool educational institutions is preparing children for a healthy lifestyle based on health-saving technologies. With proper joint work of the educator-parent, the child is laid the basic concepts of a healthy lifestyle, which he can apply in everyday and later life.

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